

Ways to Improve Your Blood Pressure



Have a healthy body weight



Eat more vegetables, fruits, and low- or no-fat dairy; eat less high-fat food



Limit sodium/salt



<1500 mg per day



Exercise more



Aim for 90-150 minutes/week



Drink less alcohol



Men
Limit to
2 drinks/day

Women
Limit to
1 drink/day

According to 2017 Hypertension Clinical Practice Guidelines
Recommendations for Treatment and Management of Hypertension

